

STATION FOUR: SOFT TOSS

The tosser's role is vital!

Using an underhand toss, the toss should be made to the proper bat contact location. The partner usually stands facing the batter about six (6') feet away. The tosser and the batter have their shoulders squared toward each other.

The batter shall do the following drills:

1. Standing Toss: To practice pitch selection swing.
2. Two-Ball Toss: The partner stands 6'; to the side of the batter and holds two balls in the same hand. The tosser tosses both balls at the same time and commands the batter to "hit the top ball" or "hit the bottom ball".
3. Soft Toss-Off Back Knee: This drill is aimed to have the batter concentrate on hitting down on the ball. The batter kneels on her back knee. The object is to drive the ball into the center of the net while working on hand speed. Emphasize hand quickness and driving the hands through the strike zone while driving down on the ball.

Things to REMEMBER:

- Tossers need to pay attention at all times so as not to get in the way of the batter.

THINGS TO DO WHILE YOU WAIT:

Strength and bat speed drills:

- WINDSHIELD WIPER: Strengthens: Wrist and forearms;

A) Hold bat straight out in front with both hands and the barrel pointing up.

B) Move the head of the bat to the right and to the left.

C) Keep the arms extended and the grip at shoulder level.

- PULL OVERS: Strengthens: Triceps, forearms and wrists

A) Stand in a balanced position and grip the bat with the barrel directly overhead and slightly behind.

B) "Throw" the bat head over your head, directly out in front

- WRIST CIRCLES: Strengthens wrists.

A) grip the bat and hold it at shoulder height directly in front

B) Circle the end of the bat, clockwise and counterclockwise.

- BAT RAISES: Strengthens hands and wrists

A) Grip the bat in your right hand with your palm facing toward the back and hold it down to your side.

B) Use your wrist only to extend the bat backward so that it becomes parallel to the ground, then return the bat to its original position.

C) rotate your wrist so the palm is facing toward the front.

D) Use your wrist only to extend the bat forward so that it becomes parallel to the ground, and return the bat to its original position.

USE SUNSCREEN!

- DO NOT WORRY IF YOU make a mistake—that is what practice is all about.
- DID YOU REALIZE? Top professional baseball players that are considered great batters only hit 3 out of every 10 times at bat!
- It doesn't take talent to hustle!

**Did you know?
Melanoma is the most
common cancer among
people 25-29 yrs. old.**